

2017-2018 Women's Winter 'A' Volleyball Schedule – Thurs @ Sugaw Creek Activity # 69385

2017-2018 WINTER WOMEN'S 'A' VOLLEYBALL SCHEDULE

Thursday's at Sugaw Creek Recreation Center 943 WEST SUGAR CREEK ROAD, CHARLOTTE, NC 28213

Revised

| <u>DATE</u> | <u>TIME</u> | <u>HOME</u> | <u>VS</u> | <u>AWAY</u> |
|-------------|-------------|----------------------|-----------|----------------------|
| 11/16/2017 | 7:30p | STRAIGHT OUTTA SMITH | VS | SET IT UP |
| | 8:15P | SET TO KILL | VS | LADY GRIND |
| | | | | |
| 12/7/2017 | 7:30p | LADY GRIND | VS | SET IT UP |
| | 8:15P | SET TO KILL | VS | STRAIGHT OUTTA SMITH |
| 12/20/2017 | 7:20n | CTDAIGHT OHTTA CMITH | | LADY CRIND |
| 12/28/2017 | • | STRAIGHT OUTTA SMITH | | |
| | 8:15P | SET IT UP | VS | SET TO KILL |
| 1/4/2017 | 7:30n | LADY GRIND | VS | SET TO KILL |
| 1, 4, 201, | • | SET IT UP | | STRAIGHT OUTTA SMITH |
| | 0.13F | SET II OP | V5 | STRAIGHT OUTTA SWITH |
| 1/11/2018 | 7:30p | STRAIGHT OUTTA SMITH | VS | SET TO KILL |
| | 8:15P | SET IT UP | VS | LADY GRIND |
| | | | | |
| 1/18/2018 | • | | VS | SET IT UP |
| | 8:15P | LADY GRIND | VS | STRAIGHT OUTTA SMITH |
| 1/25/2018 | 7·30n | STRAIGHT OUTTA SMITH | VS | SFT IT LIP |
| 1, 23, 2010 | | | | |
| | 8:15P | SET TO KILL | VS | LADY GRIND |



RAY's Sports & Fitness Focus

Before Game Time!!

Eat 2-4 hours before your game begins and drink 16-20 full ounces of water.

Meal prep: 60% Carbohydrate, 20% Protein, 20% Fat

Carbohydrates give you energy, Protein repair muscle, and Fat is stored

energy.